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Your essential daily news | TUESDAY, MAY 16, 2017

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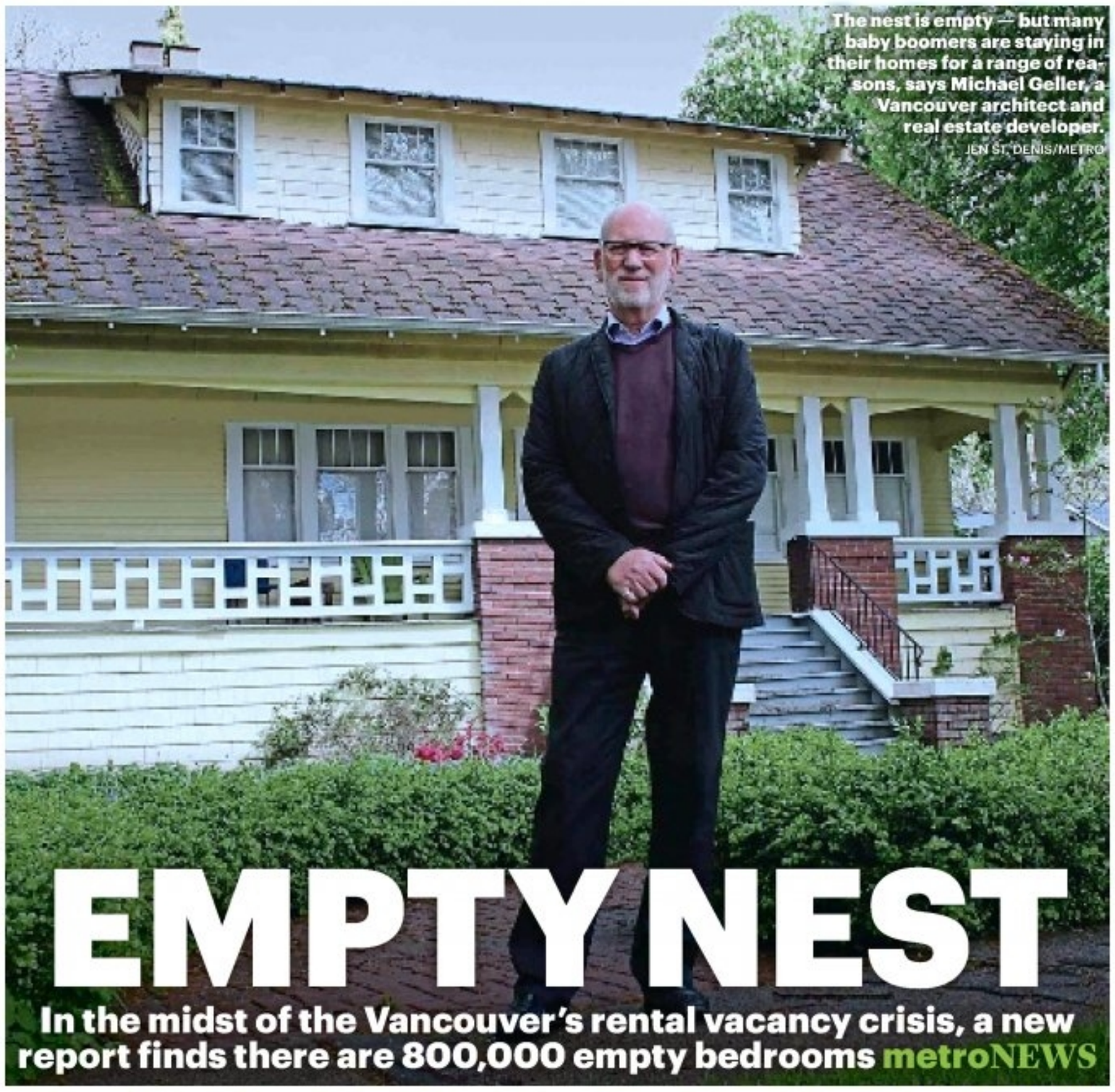

The nest is empty — but many baby boomers are staying in their homes for a range of reasons, says Michael Geller, a Vancouver architect and real estate developer.
JEN ST. DENIS/METRO

EMPTY NEST

In the midst of the Vancouver's rental vacancy crisis, a new report finds there are 800,000 empty bedrooms metroNEWS

'The crisis of confidence'

ENVIRONMENT

Dismantle National Energy Board, report recommends

Matt Kieltyka
Metro | Vancouver

A report recommending the dismantling of the National Energy Board hits the right notes, according to local environmentalists.

The Expert Panel on the Modernization of the National Energy Board released its final report and recommendations to the federal government Monday, proposing to split the regulators' responsibilities up between government and two new agencies: The Canadian Energy Information Agency and the Canadian Energy Transmission Commission.

Under the proposed framework, the federal government would first need to determine whether a major project — such as Kinder Morgan's proposed Trans Mountain pipeline — is in the country's national interest and fits into its climate plan before going to a two-year joint review done by the CETC and the Canadian Environmental Assessment Agency.

Panel co-chair Gary Meratsy told Metro it was obvious the NEB needed a serious overhaul during the team's consultation process.

"The crisis of confidence certainly came through during the entire process," said Meratsy. "I think the absence of national policy and that impersonal, transactional approach fostered a lot of confidence and trust issues.

The early reviews seem mostly positive.

"It's clear that they understood that there was a massive lack of confidence in the NEB as it stood and they've clearly proposed very major changes to the way that decisions are made," said Eugene Kung, staff counsel at West Coast Environmental Law.

The plan is not perfect, Kung warned.

Specifically, he said the panel failed to take into account a separate federal review of the environmental assessment process in its final report.

"That's where there is a disconnect," Kung said. "The disappointing part of the NEB panel report is that they seem to be stuck on this older conception of what environmental assessment is. We'll be really interested moving forward in terms of how the government takes these various recommendations and meld them together, because they don't happen in a vacuum."

The federal government is accepting consultations on the report until June 14 and will then have to decide whether or not to accept the panel's recommendations.

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metro CITIES

Marijuana medicine

DRUGS

Study finds cannabis can be used to help crack addicts

Matt Kieltyka
Metro | Vancouver

Marijuana could be used to treat people suffering from addictions to crack cocaine, according to a new study from the BC Centre on Substance Use (BCCSU).

Dr. M-J Milloy, a research scientist at the BCCSU, told Metro that his team has seen "significant declines" in daily crack-cocaine use among a cohort of 122 Vancouver-area people with addictions who reported substituting the drug with cannabis.

Approximately 35 per cent of the people interviewed initially told researchers they would use crack cocaine daily.

That number fell to 20 per cent after people used cannabis as a substitute — a "significant decline," according to the researcher.

"We were a little bit surprised when we found out people were reporting that they were substituting cannabis for crack cocaine," Milloy said.

"We expected that the drug that they would be substituting for would be heroin or some opioid because both share pain-relief properties."

The findings, published in the journal Addictive Behaviors and presented Tuesday at the 2017 Harm Reduction International Conference in Montreal, could mark a real breakthrough for the estimated seven million people with cocaine-use disorder worldwide.

New study from the BC Centre on Substance Use finds people with addictions to crack cocaine see "significant decline" in use when taking cannabis instead. DARRYL DYCK/THE CANADIAN PRESS

> One of the top priorities in drug research is developing some sort of medication ... for people suffering from crack cocaine use disorder. Dr. M-J Milloy

"The findings today are important because there's broad consensus among us scientists that one of the top priorities in drug research is developing some sort of medication, some sort of effective treatment for people suffering from crack-cocaine-use disorder," said Milloy.

"The problem is we don't have a very good medical treatment to offer people. Unlike opioids, there is no effective substitution therapy (for cocaine).

"And, of course, in this era of fentanyl when basically every drug we've seen has been shown to be contaminated, we think it's especially important to be engaging crack-cocaine users in care. We're hoping we can test this hypothesis further and see if cannabis can be a good candidate for that."

Milloy said the risks associated with cannabis use are less severe than those of harder drugs, such as dependency, overdose and exposure to HIV.

The centre's findings seem to be building on an emerging global trend.

Research in Jamaica and Brazil, according to the study, has shown cannabis is "frequently used as a self-medication strategy to reduce craving and other undesirable effects of crack."

With the new findings in hand, Milloy said his team is now interested in researching what about cannabis may make it a feasible substitute for crack-cocaine users and expand on its application in a clinical setting.

"Given the substantial global burden of morbidity and mortality attributable to crack-cocaine-use disorders alongside a lack of pharmacotherapies, we echo calls for a rigorous experimental research on cannabinoids as a potential treatment," the study concludes.

IN BRIEF

Flood watches downgraded
The River Forecast Centre has offered positive news for some B.C. residents facing flood threats from rising rivers.

The centre has downgraded flood watches to high streamflow advisories for the Nicola and Salmon rivers in the southern Interior and has ended high streamflow advisories for the Kettle River in the Boundary region and the Bulkley River in northwestern B.C.

THE CANADIAN PRESS

Civil-liberties groups call for RCMP accountability
The B.C. Civil Liberties Association says a report released today echoes its own concerns about the RCMP's failure to protect its own members from bullying and harassment. The report by the Civilian Review and Complaints Commission says the force has failed to address those problems and fundamental changes are needed, including strong civilian oversight. THE CANADIAN PRESS

Fire officials thinking ahead
Parts of the southern Interior are enduring high water and washouts as saturated ground, rain and melting snowpacks combine to create miserable conditions, but the Kamloops Fire Centre is already thinking ahead to the summer heat.

Starting this Friday, Category 2 and Category 3 open burning will be banned in certain areas of the fire centre.

Affected regions include all elevations within the Lillooet, Merritt and Kamloops South fire zones, and elevations below 1,200 metres in the Vernon and Kamloops North fire zones.

THE CANADIAN PRESS

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Ottawa to move on protections for air travellers. **Canada**

Victoria woman creates sneaky Spicer sensation

TRUMP ADMINISTRATION

Cutout of press secretary seen as far away as New Zealand

Don't be surprised if, in the coming days, you happen to spot White House press secretary Sean Spicer peeking out from behind a bush. What began as a bit of whimsy on the part of a Victoria woman poking fun at Spicer's occasionally comedic foibles is now trending on social media.

Spicer has, of late, been uproariously lampooned by actress Melissa McCarthy on Saturday Night Live over his frequently combative discourse with journalists. And when reports surfaced last week of Spicer meeting with reporters, at night, in the shadows among the bushes outside the White House, inspiration struck Lisa Kadonaga.

The reports spawned many humorous memes on Facebook. Kadonaga, 49, who teaches geography at the University of Victoria, says that with her hometown being world renowned for its greenery, she decided that one of its bushes would make the perfect place for Spicer to hang out.

She found a headshot of Spicer that she liked, had it blown up and printed off, placed it strategically in some lush shrubbery at a local bank, photographed the comically surreal scene and then shared the picture with her approximately 200 Facebook friends.

A University of Victoria professor has created a cutout of White House press secretary Sean Spicer, which is now trending on social media. LISA KADONAGA/FACEBOOK

> **I do feel sorry for the guy.**
> Lisa Kadonaga

Kadonaga says she figured a few people might get a laugh out of it and was "shocked" to soon find her cutout trending on sites such as Twitter as well as appearing in mainstream media across North America and beyond. She says that after fielding a veritable tsunami of requests for the picture she decided to upload it to Dropbox.com, where interest was so great that it temporarily crashed the sharing site.

Her Spicer cutout has since appeared in a variety of locales.

"I guess the L.A. Times said that somebody had seen one alongside the highway down by Santa Monica, and some other guy went over in Washington, D.C. and got his picture outside the Watergate hotel," Kadonaga told The Canadian Press on Sunday night.

She said she also knew of a woman in New Zealand who put one in her garden.

"It's been really odd because I just never expected to get quite this much in the way of attention, but I'm just really happy people seem to be enjoying it," she said.

"As long as they're having fun, they're getting exercise, they're enjoying themselves, and you know, that's what this is all about."

As for Spicer the man, Kadonaga says he has her heartfelt sympathy after being cast in the arduous and usually thankless role of trying to put the best public face on the often erratic pronouncements of President Donald Trump.

"I do feel sorry for the guy, and I think a lot of people have picked up on that. I mean a lot of people have been in that situation themselves, maybe at work or in school, and people sympathize," she said.

THE CANADIAN PRESS

Vancouver DIGEST

VANCOUVER AQUARIUM

Ban on whales, dolphins in captivity approved

A bylaw banning whales, dolphins and porpoises in captivity has been approved by Vancouver's park board.

The board voted 6-to-1 in favour of approving the bylaw at a meeting Monday night, while hundreds of protesters gathered outside loudly voicing their opposition to the ban.

The bylaw prevents the Vancouver Aquarium from bringing in new cetaceans, but three cetaceans currently housed there will be allowed to stay.

THE CANADIAN PRESS

HOUSING

Prices up, number of homes down

The latest numbers from the B.C. Real Estate Association show residential property sales across the province are climbing while the number of homes on the market drops to a 20-year low.

Just under 10,000 homes in B.C. were sold in April, down almost a quarter when compared with record-setting transactions over the same month last year, but still far ahead of the five-year seasonally adjusted rate.

The association says the average home price was almost $729,000 last month, a two per cent dip from the same period last year, but higher sales suggest the market is rebounding from the modest correction that began after B.C. applied a tax on foreign buyers.

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Bike lane plan needs work: Group

Kris Harrison and Wanda Huynh stand along 10th Avenue in Vancouver in November 2016. Both have arthritis and frequently use street parking outside the Arthritis Society when they visit for regular therapy. JENNIFER GAUTHIER/METRO

ACCESSIBILITY

Project takes away nearly all parking near medical centres

Wanyee Li
Metro | Vancouver

Patient advocates say the parking options in Vancouver's updated plan for 10th Avenue — while an improvement — will still cause hardship for those with mobility issues.

A staff report on the $3 million design plan for the five-block stretch of 10th Avenue between Cambie and Oak streets calls for the removal of all but two street parking spaces to make way for raised bike lanes.

It's ludicrous to accommodate local cyclists in an area with health services that take in patients from the entire province, said Kris Harrison, who drives to the area at least one a week.

"My whole life I've been going to West 10th," said Harrison.

He was diagnosed with rheumatoid arthritis when he was four and frequents the Mary Pack Arthritis Centre, Vancouver General Hospital, the Skin Care Centre, and other services in the area.

"This whole section between Cambie and Oak services the entire province and the bike lane doesn't — the bike lane will serve local people."

The report suggests a new 116-car parking lot on the corner of 10th Avenue and Ash Street would offset those parking losses.

But people with mobility issues can't walk far and a dozen parking spots spread out on 10th Avenue, close to health buildings, is better than a hundred parking spots concentrated in one area, said Harrison.

"Even just walking from the bed to the toilet can put someone (with arthritis) in excruciating pain."

The Mary Pack Arthritis Centre is three blocks away from the proposed parking lot site.

One senior advocate is confident those kinds of details can be hammered out before the city finalizes the plan.

"The devil is in the details," said Colleen McGuinness, chair of the Seniors Advisory Committee.

The committee has met with the city's engineering staff at least eight times as part of their consultation process, she said.

For instance, McGuinness hopes the city considers asking a non-profit to operate a valet service for patients on Ash Street.

"You would go to a certain spot like that newly appointed lot that they're talking about and you would get a shuttle to the appropriate medical facility," she explained.

Other details include the type of trees the city will plant — those that shed a lot of leaves create a dangerous surface for those with vision or mobility problems, she said.

> **This whole section between Cambie and Oak services the entire province and the bike lane doesn't.** Kris Harrison

It may seem trivial to some but small considerations like those will make a big difference as the region's senior population grows, said McGuinness.

"For about the next 30 years, seniors alone are going to put a lot of pressure on that neighbourhood."

That's why it's essential city staff take health care and patient advocates seriously, said Jane Dyson, executive director of Disability Alliance BC.

While the disability community is disappointed with the city's decision to solidify 10th Avenue as a bike route, the most recent version of the city's 10th Avenue design plans has some important concessions, she said.

The report recommends a new branding effort along with these infrastructure changes in order to raise awareness about vulnerable pedestrians in the area.

"The city should be congratulated for its consultation process, which I would suggest, has moved from looking at the bicyclist being a priority to coming up with a solution where patients are the priority," said Dyson.

City council is scheduled to discuss the report Tuesday.

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B.C. politics on standby

POLICY

Some worry rules too lax to prevent abuse

David P. Ball
Metro | Vancouver

B.C. Lieut.-Gov. Judith Guichon and Premier Christy Clark in 2014. CHAD HIPOLITO/THE CANADIAN PRESS

The jobs of British Columbia's politicians — between elections at least — are often devoted to arguing about the minutiae of policies.

So it's striking how few policies actually govern B.C.'s confusing new political landscape after the inconclusive May 9 provincial election.

Now, the group Democracy Watch has warned the current state of uncertainty should be a wakeup call about the potential for an embattled government to abuse its powers — or at least postpone its demise.

Of course, everything still remains up in the air in light of Elections B.C. approving recounts in two closely fought ridings last Friday, the same day it raised the count of absentee ballots yet to be tallied to 179,380. Both results will be released May 24.

There are actually no rules on how soon Clark must call the Legislature back, however, nor if she can request a new election to try to increase her seat count. That has the group Democracy Watch worried her B.C. Liberals could repeat what they did last fall: Postpone sittings as long as possible while continuing to govern ahead of the election.

Last October, the party postponed the fall sitting until Feb. 14, leaving a nearly seven-month gap from the last time the Legislature got to vote on their policies.

"The current rules are unclear because they are unwritten constitutional conventions," argued Democracy Watch co-founder Duff Conacher. "The vagueness in the rules effectively allows the elected Premier and ruling party to abuse their powers and violate the rules, as the only way to stop violations is for the unelected, unaccountable Lieutenant Governor to decide that a violation has occurred."

University of B.C. political scientist Gerald Baier said the Legislative Assembly must meet at least once a year, but it already met for a month. But he said voters need not fear perpetual postponement past the planned October sitting; it would be unpopular, and without it B.C. can't draw additional funds.

"That would just be seen as delaying the inevitable," Baier said in a phone interview. "But they only have interim supply so they need to get the Legislature back in relatively soon. They'd run out of money authorized to spend on government services anyway."

Meanwhile, Democracy Watch's fear Clark could call a snap election or redefine what counts as a "confidence" vote is "very unlikely," he said, and would run up against centuries of parliamentary convention.

David Moscrop, a PhD candidate at the University of B.C., explained that the way the Legislature is set up, Christy Clark as "sitting premier" will have the "first crack at forming a government."

If she fails to get all the votes she needs on a Throne speech or budget, which are the usual tests of confidence, it's up to the Lieutenant Governor to decide whether to give the B.C. NDP a chance to try their hand with the help of the Greens, or to call a new election.

Clark's press secretary, Stephen Smart, told Metro that it's too soon to speculate about what her next steps will be — at least until after the current uncertainty settles down on May 24.

"At this point it is premature to be talking about the issues you raise as we wait for the final results from Elections B.C.," Smart wrote in an email.

Conacher also expressed concern that B.C. Liberals could enact policies despite not gaining a majority last week, even before ballots are all counted. But not everyone worries about the lack of written rules. Baier countered that voters should trust professional civil servants to hold the fort.

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80 per cent of tested street drugs contained fentanyl

HEALTH

Study looked at 1,000 samples at Insite over nine months

Almost 80 per cent of street drugs tested for fentanyl at a Vancouver safe-injection site were laced with the potentially deadly opioid, a nine-month pilot study has found.

The study, presented Monday at the 25th Harm Reduction International conference in Montreal, found more than 80 per cent of the heroin and crystal meth and about 40 per cent of the cocaine brought into Insite by clients contained illicit fentanyl.

In all, more than 1,000 drug samples — the vast majority of them heroin — were tested between July 2016 and March 2017 at the Downtown Eastside supervised injection centre using specialized strips that detect the presence of fentanyl.

"Clients at Insite were able to use the results from the drug-checking service to reduce their dose and decrease their risk of overdose," said lead researcher Dr. Mark Lysyshyn, medical health officer for Vancouver Coastal Health.

"If drug checking can help clients at a supervised injection site like Insite where nobody has ever died from an overdose, imagine how much it could help people in places without these life-saving programs."

> **This research confirms what we've long known — that supervised injection sites and drug checking can prevent unnecessary deaths.**
> Rick Lines, Harm Reduction International

In British Columbia alone, more than 900 people died of apparent illicit drug overdoses in 2016, with about 60 per cent of the deaths linked to fentanyl. The synthetic opioid is 100 times more toxic than morphine, and a dose the size of a grain or two of sand can result in a fatal overdose.

Over the study period, Insite clients were asked if they wanted their drugs tested for fentanyl, said Lysyshyn, who estimated that about five of the roughly 600 daily visitors accepted the researchers' offer.

Of all the drugs checked, almost 80 per cent were heroin, while crystal meth represented 7.2 per cent of the drugs and cocaine made up 5.3 per cent. About 38 per cent of testing was performed pre-consumption, and the remainder post-consumption by analyzing traces of the drugs left in "cookers" used by clients to prepare their injections.

Testing is done with strips designed to detect fentanyl in urine. But the B.C. researchers used the highly sensitive strips to test for the potent opioid by mixing a drug sample with water. If the strip reacts by showing a single pink line, the test is positive; two lines means no fentanyl is present.

"It was the community that asked for this. Drug users said we want to know what's in our drugs, so we offered it to them and they're doing the test and we let them deal with the information," Lysyshyn said.

"People are much more likely to check a drug that they have previously overdosed on, or that they felt weird when they were taking it, or it looks different than their normal drugs."

However, the results of the study need to be interpreted with caution, he added.

"It's not saying 80 per cent of the heroin on the streets of Vancouver is contaminated. It may be, but this could be an overestimation of that based on the fact that people are more likely to check what they think are contaminated drugs."

Rick Lines, executive director of Harm Reduction International, said the study "proves that the alarm bells that have been sounding over this public-health emergency are fully warranted."

THE CANADIAN PRESS

A test strip used to check for fentanyl in such drugs as heroin, crystal meth and cocaine. Drug tests at a Downtown Eastside supervised injection centre found 80 per cent contained fentanyl. VANCOUVER COASTAL HEALTH/THE CANADIAN PRESS/HO

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Over 60 and over-housed

HOUSING

Boomers stay in big homes young families would love

Jen St. Denis
Metro | Vancouver

In Vancouver, it's not uncommon to hear of young families raising two toddlers in a one-bedroom apartment and at a loss to find a larger place they can afford.

But the story is much different among home-owning baby boomers, according to Toronto-based economist Paul Smetanin, president of the Canadian Centre for Economic Analysis.

"One in four households (in Vancouver) are in an extremely precarious situation," said Smetanin, referring to his analysis of how much pressure households are under in order to afford shelter.

"The lingering contradiction is that you have over 800,000 spare bedrooms in Vancouver, and 70 per cent of people over 65 in Vancouver are over-housed."

In Smetanin's analysis, a cohabiting couple living in anything more than a one-bedroom home is considered "over-housed." Homeowners who are wealthier and older are most likely to be over-housed.

The number of empty bedrooms is equal to 15 years of construction at current rates, said Smetanin, who has used data from Statistics Canada and other sources to create a broad set of data about housing needs in Canadian cities.

The numbers are similar for Toronto, and policy-makers from the United States to the United Kingdom to Australia are struggling with the demographic shift. Gene Balk, a columnist at the Seattle Times, calculated in 2016 that the city had 200,000 empty bedrooms, a number that had increased 50 per cent since 2000.

Many baby boomers are staying in their homes for a range of reasons, says Michael Geller, a Vancouver architect and real estate developer. JEN ST. DENIS/METRO

"I do believe that one of the reasons people stay in their homes is because they often cannot find an alternative, acceptable housing choice," said Michael Geller, an architect and real estate developer in Vancouver.

"For one whole segment of this population that has lived in a house their whole life, they don't want to move into a condominium and have to deal with a strata council."

Geller believes that means building more townhouses, coach houses and allowing bigger houses to be converted to duplexes, triplexes or four-plexes. Coincidentally, that's also the type of housing young families are looking for, but unable to find as detached houses in the city have soared north of $1 million.

There are also compelling financial reasons to stay in the home you raised your family in: Homeowners don't pay capital gains tax when they sell their principle residence and make a profit, and some argue it makes more sense to stay in the home and leave the total appreciated gain for your estate.

In B.C., seniors are able to defer paying their property tax, and Geller believes that can also play a "psychological" part in deciding to stay. Then there's the cost and trouble of moving to a new home in Vancouver's supercharged market. Geller lives in southwest Vancouver, but has considered moving somewhere with better public transit.

800,000

Current number of empty bedrooms in Vancouver, according to a study. This is linked to the fact that 70 per cent of people over 65 in Vancouver are over-housed. CANADIAN CENTRE FOR ECONOMIC ANALYSIS

"But when my wife looks at the cost of buying a townhouse or a duplex, she says it would be cheaper to hire a chauffeur and pay him $50,000 a year and have him live in our house than downsize into another property," he said.

While condo developers have built many one-bedroom condos, those units are feeding investor demand, rather than meeting the needs of communities, Smetanin said. That's where governments have a role to play with either regulations or incentives.

Geller points to one townhouse development in Kerrisdale and another in West Vancouver as examples of boomer-focused housing. Both were initially opposed by neighbours. But Geller thinks that might be changing.

"These baby boomers are the ones who are often opposing townhouse and apartment developments in their neighbourhoods for the last 30 years," he said. "Now that they're ready to perhaps move into a new housing choice, I think there's a greater willingness to accept sensitive infill development."

CONSERVATION

Watering limits in effect now

Lawn watering restrictions are now in effect across Metro Vancouver despite a soggy spring.

The regional district says restrictions are aimed at conserving drinking water during the driest part of the year and will remain in effect until Oct. 15.

Residential lawn watering is permitted three days a week, with even-numbered addresses watering on Monday, Wednesday and Saturday between 4 and 9 a.m., and odd-numbered addresses watering Tuesday, Thursday and Sunday over the same five-hour period.

Lawn watering is the first stage of what could be escalating restrictions under Metro Vancouver's plan to deal with possible water shortages.

The plan was reviewed after a severe drought in 2015, and a release from the regional district says proposed changes are currently being considered for the spring of 2018.

City of North Vancouver Mayor and Metro Vancouver Utilities Committee chairman Darrell Mussatto says a wetter-than-average spring is not an excuse to waste water and that early watering restrictions are a way to conserve the resource.

"These regulations are in place to help residents develop long-term habits for drier years," he says.

Watering outside the designated periods is regulated by each of Metro Vancouver's 24 local authorities, but violators in Vancouver could face fines of up to $250. THE CANADIAN PRESS

Time to reduce. COLOURBOX.COM

STATISTICS

High death toll in road work

New data from WorkSafeBC shows 15 roadside workers have been killed and 229 injured when they were hit by vehicles while on the job over the past decade.

The agency says 66 per cent of those workers were in construction, including 124 who worked in traffic control or as flag persons.

The numbers include one worker who died and 21 others injured after being hit by vehicles at work sites across B.C. last year.

The new stats from WorkSafeBC come as the agency kicks off an annual safety campaign aimed at protecting roadside workers.

As part of the campaign, police in Vancouver will conduct an "enforcement blitz" Monday morning, checking for motorists who are using cellphones, speeding or driving aggressively near a work site.

Trina Pollard, WorkSafeBC's manager of industry and labour services, says the campaign is about getting drivers to slow down, pay attention and follow the directions of road signs.

"Every roadside worker deserves to make it home to their family at the end of their shift without injury," she said.

THE CANADIAN PRESS

EMERGENCY RESPONSE

Hazmat team contains diesel spill

Vancouver Fire and Rescue Services responds to a diesel spill from a Coke delivery truck on Monday. DAVID P. BALL/METRO

David P. Ball
Metro | Vancouver

You can't beat the feeling … of being stuck in traffic thanks to a Coke truck crash.

On Monday some time before 8 a.m., a Coca-Cola delivery truck collided with a car apparently attempting to pass it in the right lane, while it was also turning right.

Metro arrived on scene as dozens of members of the hazardous materials (hazmat) team of Vancouver Fire and Rescue Services worked on to containing what the VFRS reported was diesel spilling from the delivery truck's fuel tank.

"Hazardous Materials Team has intersection of Nanaimo/E1st Ave closed for diesel spill," the VFRS said on its Twitter account around 8 a.m.

Traffic was blocked eastbound on East 1st Avenue just east of Nanaimo, but it was slowly moving in other directions throughout the Monday morning rush hour.

Reining in the limits of immigration detention

HUMAN RIGHTS

Current system is not constitutional, lawyers argue

Kashif Ali, left, daughter Sakina Millington, centre, and ex-girlfriend Penny Davidson. Ali was ordered released last month after spending more than seven years in jail. TORSTAR NEWS SERVICE

The entire system by which Canada indefinitely jails the people it wishes to deport is unconstitutional and should be dramatically redesigned, Federal Court heard on Monday.

Lawyers representing former immigration detainee Alvin Brown, who was deported to Jamaica last year after spending more than five years in maximum-security jail awaiting his removal, argued that Canada's immigration detention system violates multiple sections of the Charter of Rights and Freedoms, namely the rights not to be indefinitely and arbitrarily detained and to be protected from cruel and unusual treatment.

Not only does Canada's current system not protect those rights, lawyer Jared Will told Justice Simon Fothergill, it "sanctions" their violation. Maintaining the status quo is "unjustifiable" and unconstitutional, Will said. "The more complicated question is how to fix it."

Canada's border police agency detains thousands of non-citizens every year if they have been deemed inadmissible to the country and classified as a danger to the public because of past criminal convictions, or unlikely to show up for their deportation. The average length of detention is about three weeks, but many cases drag on for months or years. One common problem is detainees who lack documentation to prove their citizenship, so their home country refuses to take them back. Although the detainees have not been charged with a crime, many are sent to maximum-security provincial jails, where they are treated the same as those serving criminal sentences or awaiting trial.

A Torstar investigation this year into immigration detention in Canada found a system in which hundreds of unwanted immigrants were languishing indefinitely in conditions meant for a criminal population. It was found that detainees are also poorly served by the quasi-judicial Immigration and Refugee Board, which reviews their detentions.

Last month, Ontario Superior Court ordered the immediate release of Kashif Ali, a 51-year-old West African man, who spent more than seven years in maximum-security jail because the government could not deport him. Calling Ali's situation "unacceptable," Justice Ian Nordheimer roundly criticized the government, saying it could not justify indefinite detention. TORSTAR NEWS SERVICE

TRANSPORTATION

Ottawa serious on protecting travellers

Ottawa is moving ahead with a passenger bill of rights to give air travellers more recourse to get compensation when travel plans go awry.

Transport Minister Marc Garneau is expected to lay out details of the initiative at a news conference Tuesday morning as the government tables its "Transportation Modernization Act."

The move has been months in the making, but recent high-profile incidents on U.S. airlines and in Canada have put the issue of passenger rights in the spotlight, which, Garneau said, helped underscore the need to protect travellers better.

"We recognize that when a passenger books a ticket … (they) are entitled to certain rights, a bill of rights, if you want to call it that," Garneau told reporters in April.

Garneau has said that he wants the bill to take effect in 2018. TORSTAR NEWS SERVICE

PROGRESSIVE CONSERVATIVES

Ambrose expected to resign as MP

Interim Conservative leader Rona Ambrose is expected to resign her seat in the House of Commons this summer, sources confirmed Monday.

Rona Ambrose THE CANADIAN PRESS

The longtime Alberta MP has been serving as the temporary head of the party since the fall of 2015. Sources tell The Canadian Press she intends to outline her future plans in a farewell breakfast speech Tuesday morning, ahead of a planned tribute to her in the House of Commons.

She'll also address Conservative members of Parliament and senators on Wednesday. THE CANADIAN PRESS

Trump leaked intel: Report

SECURITY

White House denies claims of sharing Daesh info

President Donald Trump speaks with Russian Foreign Minister Sergei Lavrov during a meeting at the White House last Wednesday. GETTY IMAGES

President Donald Trump revealed highly classified information about Daesh militants to Russian officials during a meeting at the White House last week, The Washington Post reported Monday.

The newspaper cited current and former U.S. officials who said Trump shared details about a Daesh terror threat with Russian Foreign Minister Sergei Lavrov and Russian Ambassador Sergey Kislyak. The threat was related to the use of laptop computers on aircraft.

The White House denounced the report.

"This story is false. The president only discussed the common threats that both countries faced," said Dina Powell, deputy national-security adviser for strategy, who attended the meeting.

National Security Adviser H.R. McMaster, who also participated in the meeting, downplayed the report as well.

"The president and the foreign minister reviewed common threats from terrorist organizations to include threats to aviation," McMaster said. "At no time were any intelligence sources or methods discussed and no military operations were disclosed that were not already known publicly."

The anonymous officials told the Post that the information Trump relayed during the May 10 meeting had been provided by a U.S. partner through an intelligence-sharing arrangement.

They said it was considered so sensitive that details have been withheld from allies and tightly restricted even within the U.S. government.

The Post said the intelligence partner had not given the United States permission to share the material with Russian officials. By doing so, Trump jeopardized co-operation from an ally familiar with the inner workings of Daesh.

Afterward, White House officials took steps to contain the damage, placing calls to the CIA and the National Security Agency, the newspaper said.

The CIA and the Office of the Director of National Intelligence declined to comment Monday evening.

TRAVEL BAN

Federal judges on Monday peppered a lawyer for President Donald Trump with questions about whether the travel ban discriminates against Muslims and zeroed in on the president's campaign statements.

Acting Solicitor General Jeffrey Wall, defending the travel ban, told the three-judge panel of the 9th U.S. Circuit Court of Appeals that the executive order should be reinstated because it falls well within the president's authority.

It's unlikely that Trump has broken any law. As president, Trump has broad authority to declassify government secrets.

Lawmakers from both parties were quick to weigh in.

Sen. Bob Corker, R-Tenn., chairman of the Senate Foreign Relations Committee, said that the Trump White House "has got to do something soon to bring itself under control and order." THE ASSOCIATED PRESS

CYBERATTACK

Hunt for culprits continues

The cyberattack that took computer files hostage around the world appeared to slow on Monday as authorities worked to catch the extortionists behind it — a difficult task that involves searching for digital clues and following the money.

Thousands more infections were reported with the start of the workweek, largely in Asia, which had been closed for business when the "ransomware" locked up computers Friday at hospitals, factories, government agencies, banks and other businesses.

But the big second-wave outbreak that many feared they would see when users returned to their offices Monday morning and switched their computers back on failed to materialize.

Lynne Owens, director-general of Britain's National Crime Agency, warned a second outbreak could still follow.

The malicious software, known as WannaCry, paralyzed computers running mostly older versions of Microsoft Windows in some 150 countries. THE ASSOCIATED PRESS

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metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Alex Abdelwahab/Metro

Building a waterproof city

As climate change becomes a fact of life, natural disasters will hit cities harder and more often. While touring areas of Quebec devastated by flooding last week, Prime Minister Justin Trudeau warned about future struggles. "We're going to have to understand that bracing for a 100-year storm is maybe going to happen every 10 years now or every few years," he said.

Here are some ways cities are becoming storm-resistant:

GREEN ROOFS

Traditional hard roofs cause large amounts of runoff in cities. Many places are prioritizing "green roofs" covered in vegetation to counteract that effect. Measuring six acres, the green roof on the West building of the Vancouver Convention Centre is one of Canada's largest.

ISTOCK

BIORETENTION PARKETTES

In Toronto, the Coxwell/Fairford parkette is one of the first of its kind in Canada. It uses plants to collect and treat stormwater runoff from the surrounding roadway and replaced paved over surfaces with trees and thousands of pollinator plants.

TWITTER/RYURBANWATER

ISTOCK

CONSTRUCTED WETLANDS

In the outskirts of Calgary, the 156-hectare man-made Shepard Wetlands functions as a storm water storage facility, treatment centre and wildlife habitat that naturally filters storm water before it enters the Bow River.

GREEN STREETS

CONTRIBUTED

The City of Paso Robles, Calif., wanted to reduce street flooding, so in 2014 it turned 21st Street into a "green street." Part of the redesign included adding a media filled with plants to filter runoff and slow the flow into sewers.

URBAN WATERSHED

In Seattle, Wash., the Growing Vine Street project uses a series of downspouts, and cascading planters to capture and filter rainwater to ease pressure on storm sewers. Some are even used for irrigation.

FLICKR

WORD ON THE STREET by David Hains/Metro

Stock the shelves with these city-themed reads

With the long weekend rolling in, it's time to find that next great summer read. As part of our new series on urban reads, here are three books for the metro-minded to check out in between the fireworks.

The New Urban Crisis by Richard Florida

For his first new book in seven years, Richard Florida flips the thesis from his landmark The Rise of the Creative Class. He's not as optimistic as he once was, and where he once saw opportunities he now sees people being left behind by inequality. This is partially a response to the likes of Rob Ford and Donald Trump, but it's also an acknowledgement of Florida's blind spots, and how cities must do better.

Street Fight by Janette Sadik-Khan

New York's former transport czar made a name for herself by cutting through opposition to make bold changes, including the revamped, pedestrian-only Times Square. Selling risk-averse residents on change is tough, so Janette Sadik-Khan's tactic is to make great projects and let them shine as the best argument for themselves. To hear her tell it in this book, if cities want streets to work better they can't repeat past mistakes.

A People's History of Chicago by Kevin Coval

Spoken word poet Kevin Coval explores Chicago through moments and people often overlooked by more conventional history books. In this volume, he looks at the Division Street riots, the Treaty of Chicago, and Dr. Margaret Burroughs, the founder of the first African-American museum. The result is a rich and lively portrait of a city with much to offer.

Have a suggestion?
Tell us your favourite books about cities and the people in them.
sjbattersby@metronews.ca

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PUBLIC WORKS
The week in urbanism

CLIMATE COUNTDOWN
The mayor of Sydney, Australia is cancelling her glitzy New Year's Eve bash at the city's famed opera house and putting the funds towards climate change action instead. The $750,000 earmarked for the exclusive party will go to new urban parks, a zero-carbon building contest, and retrofitting buildings for energy efficiency.

BLAST FROM THE PAST
London cyclists are rallying to take back what was once theirs. The city built a network of bicycle superhighways in the 1930s that have since been converted to car parking spaces and other non-bike friendly spaces. Now a campaign to revive the lost history is gaining steam — and cash.

CITY CHAMP Metro's city builder of the week

JEFF HARPER / METRO

Kourosh Rad is a proud immigrant and Halifax resident. A senior urban planner with consulting firm WSP, he works to bridge the gap from developers and architects to city hall and the public. **@RadUrbanist**

URBAN DICTIONARY

DEFINITION
Ponding is when water gathers in a low part of a road, often where there is poor drainage.

USE IT IN A SENTENCE
The **ponding** was so bad on Sabina's street she almost listed it as a waterfront property on Airbnb.

metro LIFE

Your essential daily news

Game of Thrones creator George R.R. Martin reveals five follow-up projects are in the works

Putting on the plaid uniform

HEALTH

Prostate cancer survivor is still fighting the good fight

Tamar Harris
For Metro Canada

David Brittain was first diagnosed 20 years ago. CONTRIBUTED

David Brittain was 53 when he found out he had prostate cancer.

He told his doctor: "I had a lot of hills to climb and a lot of rivers I wanted to canoe. So give me time."

Brittain — now 73 years old — got that time. He's an Air Force veteran, Royal Military College graduate and a prostate cancer survivor. And on June 16, he'll be wearing Plaid for Dad.

Plaid for Dad is a campaign by Prostate Cancer Canada (PCC) to raise funds and awareness about the disease.

"It's become a wonderful way to celebrate the love for the men in our lives right ahead of Father's Day," said Rocco Rossi, president of PCC.

Brittain will be wearing his family's Anderson plaid on June 16.

"I've got friends, relatives, classmates supporting it," Brittain said. "It's nice to see the support for a disease that has gone from not a lot of attention being paid to it, over the last 20 years, to a lot more."

Brittain said being diagnosed with cancer, especially one with low funding and research compared to breast cancer — "really hit me."

"I was a skier and a whitewater canoeist and I've skydived — so I've busted more bones than most people," Brittain said. "I would say during the day, (you're) pretty cool about it. But when you put your head on your pillow, your brain starts going the 'what-if' route."

Since beating the disease, Brittain has been a strong advocate for prostate cancer awareness. He said seeing his peers support awareness for a disease he experienced "couldn't be any better."

Last year, almost 630 companies wore Plaid for Dad from coast to coast. Eight premiers, 14 mayors and even Navy submarines got involved.

"Whether it's people in the sub, or at an RCMP contingent in Comox, or paramedics in Peterborough or fire in St. Albert, it's the notion of all these people, all these brave men and women across the country, put on a uniform each and every day to help protect all Canadians," Rossi said.

And on June 16, Rossi said they'll be putting on a different kind of uniform — a plaid one.

PLAID FOR DAD metro focus on prostate cancer

"I wouldn't be seeing my grandkids'

Paul Nolan, 68, lives in Surrey, B.C. He is a prostate cancer survivor.

"You appreciate things a lot more. If I didn't have the operation (to remove the cancer), I wouldn't be seeing my grandkids today.

I didn't have them back then, but I have them today. It's life-changing for sure. (My family gave) just a lot more support. They get more emotional, and don't know if they'll see you again, things like that. I have a lot of faith in my higher power, and He took me through it ... I've been to hockey games, (Prostate Cancer Canada) has a booth. I was handing out pamphlets to guys, even wives and girlfriends, and telling them about it. A lot of them didn't know about the PSA (prostate-specific antigen) test. Doing stuff like this just makes more awareness."

12.5

According to the Canadian Cancer Society's 2016 report, 12.5% — or one in eight — Canadian men will be diagnosed with prostate cancer in their lifetime.

JENNIFER FRIESEN

June 16 is Plaid for Dad Day in Canada. People from across the country will wear plaid to help raise awareness and vital research funds for prostate cancer. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

FOOD SCIENCE

New salt findings shake things up

Genna Buck
Metro | Toronto

Findings released this week are shaking up the world of salt science.

It's widely accepted in the medical and nutritional communities that eating too much salt makes you thirsty and promotes water retention — the condition where you produce less urine and feel bloated and puffy.

But the exact opposite is true, according to an extremely detailed, long-term study published in the May 2017 issue of the Journal of Clinical Investigation.

Normally it would be impossible to control every single thing adults eat for months on end and measure their urine volume every day (who would sign up for that study?).

But scientists took advantage of a natural experiment: A group of 10 Russian cosmonauts, all healthy men, who were kept in isolation to simulate a long-haul flight to Mars.

Over the course of two separate space simulations, one of 105 days and one of 205 days, the cosmonauts were fed otherwise-identical diets of high sodium (12 g/day), medium sodium (9 g) and low sodium (6 g), for several weeks in each case.

Researchers found the men drank significantly less water when they were eating more salt. Increasing their salt intake made them pee more, not less.

Norm Campbell, a professor at the Libin Cardiovascular Institute of Alberta, said the study was very well done, but cautioned against over-interpreting.

"(It's a small study in healthy men. It may not relate to women or older people or people with disease," he wrote in an email.

An even weirder finding in the study: On the saltiest diet, the men complained of constant hunger. The researchers think it might be because salt increases the production of hormones called glucocorticoids, which help to burn fat.

ISTOCK

A similar study in mice, published in the same journal at the same time, showed the same result: Mice fed a high-salt diet had to eat 25 percent more food to maintain their weight.

On the other hand, there's a different, large review of past studies that shows eating more salt increases weight, Campbell said — though, he added, it's hard to say how meaningful that is, because people who eat lots of salt probably eat lots of junk food in general.

But if the latest findings are confirmed, the logical conclusion would be that it's really, really difficult to lose weight on a low-salt diet.

Over the past few years, clinical research has cast doubt on the notion — promoted by government agencies and the World Health Organization — that everyone should limit their salt intake for the sake of their heart health. Health Canada's recommendation is 1,500 mg/day, or about 3.75 grams of salt (that's less than a teaspoon). Canadians' average intake is 3,800 mg (9.5 g).

There are many, many studies showing that reducing salt intake helps people with hypertension get their blood pressure under control. But whether it's a good idea for healthy people to follow a low-salt diet is hotly debated.

‘I think that the way I live my life is feminism’

INTERVIEW

Chatty, funny, all-caps shouty, there are many sides to Jen Agg

Zoe McKnight
life@metronews.ca

Restaurateur Jen Agg’s new memoir I Hear She’s a Real Bitch is partly a feminist mission statement. TORSTAR NEWS SERVICE

There are many sides to Jen Agg.

That may be obvious, a truism — we all have many sides — but not everyone is subjected to the same level of scrutiny, often leading to caricature, as the Toronto restaurateur and owner of The Black Hoof, Cocktail Bar, Rhum Corner, Grey Gardens and Montreal’s Agrikol.

Media profiles and reviews usually include some reference, sly or otherwise, to Agg’s unapologetically blunt manner. The references can be unkind. An April review of the recently-opened Grey Gardens called her a “meanie” while praising her male partner and the restaurant’s chef, Mitch Bates. Most describe her as “outspoken,” especially when it comes to feminism.

But Agg’s new memoir, I Hear She’s A Real Bitch, released Tuesday by Penguin Random House, reveals facets of her personality that draw far less attention.

It’s part coming-of-age tale (her upbringing in Scarborough, her “starter” first husband), part love letter to her keeper husband (artist Roland Jean), part guide to building an empire and part feminist mission statement (calling out patriarchy and misogyny anywhere she sees it) — all told in the voice familiar to her 13,600 Twitter followers: chatty, funny and sometimes all-caps shouty.

Why do you think people care? Why does your personality or reputation matter to people?
If you’re going to be somebody who is a direct person, or as people like to call me, ‘outspoken,’ you can get away with it if you’re a man. It’s fine, it’s no problem. The moment you try to do that and have a vagina at the same time, that’s when people start to care. I really, truly believe that.

What’s with the title?
It’s definitely tongue in cheek. If you don’t think it’s a little bit funny, you shouldn’t read the book. My agent wants to slap me for saying things like don’t read the book! It’s meant to reference the idea that, when we as women have certain characteristics that are traditionally seen in male leadership — which is silly — instead of being seen as great leaders, we’re seen as bitches. That’s really what it’s a wink and a nod to.

Is it also about your reputation, people talking about you?
That’s definitely a thing and I’m aware of it. This is a very small community. I think people feel (a certain) way about me if they don’t know me. It’s very one-dimensional. I’ve had people who met me, who are surprised that I’m funny and charismatic and engaged in the conversation. Not a bitch.

Do you think the level of personal detail will surprise people? Did it surprise you?
No! I’m a truth-teller. I’ve told that story about getting caught with my mom’s “personal massager” a million times to my friends. Some of the details will surprise people. I didn’t include them for the shock value, though I’m sure that’s something I will be accused of. Women writers are accused of that kind of thing, navel-gazing or whatever.

Especially when it comes to their bodies, or sex...
This is something so important to me. Sex should be normalized in our culture, and that’s why I included all that detail, to be honest. I’ve always felt comfortable with sex. Why shouldn’t I? Sex is awesome. If you think it’s too much information, maybe the problem is you. If I put a skirt on and I ask Roland, ‘Is this too slutty?’ he’ll say, ‘That’s the other guy’s problem. That’s not your problem, honey.’ I think that’s absolutely right.

In the book, you often say, ‘my feminism.’ How would you describe it?
It’s existential, I would say. It’s experiential and existential. I think the way I live my life is feminism, full stop. I take up the space, I say the things.

Do you ever get tired of it? Having to say the things you say and be as public as you are? Do you ever want to just delete Twitter off your phone?
No, I love Twitter. I’d miss it. The truth is, if I didn’t like what I was doing, I wouldn’t do it. Recently, I was trying to explain the difference between being a public person and wanting privacy. It’s a hard thing to explain. It sounds like you’re complaining. It’s difficult when people come into my restaurants with preconceived notions of me. I find it extremely cheap and upsetting and frustrating. It’s difficult when people come up to my husband and say things like, ‘What’s it like being married to Jen Agg?’ Are you f — king kidding? You’re trying to get my husband to sh-t-talk me? People sometimes see my husband as the nice guy, but no, he sees the world exactly the same way I do but he just has a different way of putting that forth. I don’t know what’s going to happen with the book. It’s a different thing, too. But I’m pretty strong. I can take it.

You’re tough but there’s a lot of vulnerability in your story.
This is the thing. We contain multitudes. That’s been said by many people. I am not just my persona. Of course I’m a vulnerable person. Of course I have emotional connections with my husband and family and my friends. Do you think the people who have worked for me for seven or eight years would still work for me if I was a jackass? Of course I show my vulnerability. When people don’t realize there’s more to me than ‘unf—k the world,’ that’s pretty naïve.

TORSTAR NEWS SERVICE

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Tall, blonde and likely not even a real person

ADVICE

Fake accounts on dating apps spark problems

Sofi Papamarko
life@metronews.ca

After a relationship ended, I made a decision to take the fall and winter off from dating. I needed to reflect. When I felt ready to get back out there, I downloaded the dating app Bumble, which differentiates itself in the market by only allowing women to make the first move.

I was immediately impressed by the calibre of men on Bumble. It was a seemingly never-ending parade of interesting, successful and handsome men. Lawyers and creative directors and CEOs, oh my! Some seemed almost too good to be true — and I started to suspect they were.

Online dating has a rich and sleazy history of fake profiles. With the surge in popularity of mobile dating apps, there came a surge of fake profiles migrating from websites to apps; suddenly, pornbots and scammers were just a smartphone swipe away, hoping to part you with your money, confidence, swiftly fleeting youth/beauty/fertility or all of the above. They sure come in pretty packages, though.

Less than a week into my dating app adventure, I Bumbled across a dreamy man. We'll call him "Jake". This tousled Brad Pitt lookalike stated in his profile that he was the corporate director of large Canadian firm I won't name — an impressive title for a 33-year-old who looks like he's spent far more time on a beach than in a boardroom.

Suspicious, I got in touch with their head office. They had a few different corporate directors, they told me, but nobody by his name was found.

Jake — or at least the version of Jake profiled on Bumble — did not exist. I enlisted male friends to tell me about their experience on the app. According to them, a disproportionate number of women are leggy blondes who work as professional models.

Bogus profiles are not a Bumble-specific problem. Among flesh-and-blood humans looking for love and lust on dating apps and websites, there are enough fake profiles and chatbots sprinkled in to ruin the whole experience. They'll post or message links to spam or pornography sites, try to steal your information or just plain ignore you.

Most dating apps have a way to flag or report fake profiles, but it can be difficult to tell what's real and what's fake at first blush.

Even if you walk away with your credit card number and dignity intact, fake profiles on these apps can still negatively impact your dating life. If we allow beauty-stacked dating apps to form our impressions of what's out there, what's actually out there is bound to disappoint.

Fake accounts hurt your real-life dating experience. ISTOCK

The bevy of beautiful bots in the black mirror won't date you because they're not real. These online fantasies are actually ruining it for average schlubs who would make wonderful partners.

If you want to get a realistic sense of your dating pool, open your eyes — not an app.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Essence of drama: Where does love go?

Jill Soloway, (right with I Love Dick's Kathryn Hahn). CONTRIBUTED

THE SHOW: I Love Dick, Season 1, Episode 5 (Amazon Prime)
THE MOMENT: The string

Chris (Kathryn Hahn) writes frank, confessional letters to Dick (Kevin Bacon) about desire. She's turned them into an art project, and the entire town is responding.

A letter written by Paula (Lily Mojekwu), who runs Dick's art foundation, might go like this:

"My other great love was my mother," Paula says, in both direct address to camera, and in voice-overs over the action she describes. "My dad died when I was 4. It was just the two of us… I followed her everywhere."

Young Paula watches her mother at the bathroom sink. "I liked to watch her do her nighttime things — put on lotion, floss — while she told me about her day," she says. "Then one night I noticed something: her tampon string. Something in me turned against her."

We see young Paula leave the bathroom. "Hey, where's my goodnight kiss?" her mother asks.

This scene makes me want to write love letters to Jill Soloway, who co-created this series.

While other shows occupy themselves with banal mysteries — "Who set the prize stallion's stable ablaze?" — this one explores the only mystery that truly matters: the mystery of love. Where does it come from? Why does it go?

Everyone experiences this moment, when a child turns away from a parent.

It's the essence of drama, made more wrenching by how ordinary it is. Every parent is baffled by it. Every child feels guilt. It's strange. It's beautiful. Yet almost no one would consider making space for it in a television series.

I'm so grateful that Soloway did.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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The Cleveland Cavaliers have reached a sponsorship deal to wear the Goodyear winged-foot logo on the fronts of their jerseys starting next season

Kessel pulls Pens even

2017 NHL PLAYOFFS
SERIES TIED 1-1

Sniper's goal stands as only marker, Fleury earns shutout

Phil Kessel scored at 13:05 of the third period to break up a goaltending duel and give the Pittsburgh Penguins a 1-0 win over the Ottawa Senators in Game 2 of the Eastern Conference final Monday night at PPG Paints Arena.

That gives the teams a 1-1 split heading to Ottawa for the next two games. Game 3 is Wednesday.

GAME 2 In Pittsburgh

1	0

The Penguins' Brian Dumoulin shoves Alex Burrows of the Senators to the ice on Monday night. BRUCE BENNETT/GETTY IMAGES

Penguins goaltender Marc-Andre Fleury made 22 saves to earn his second shutout of the playoffs, and second in three games, as well as the 10th of his career in the post-season.

Ottawa goaltender Craig Anderson also was strong, stopping 28 of 29 Pittsburgh shots.

Kessel scored on his own rebound from the slot after his initial shot was blocked by Jean-Gabriel Pageau.

Kessel had gone three games with no points and had just one point, a goal, in his previous five games.

From late in the second period until after Kessel scored, the Senators went 18:53 without a shot, before Fleury stopped one by Zack Smith.

Pittsburgh, already playing without winger Patric Hornqvist after he left warmups early, was undermanned most of the game after it lost two players to injuries in the first period.

Top-line winger Bryan Rust left after he took a big hit from Ottawa defenceman Dion Phaneuf and fell backward hard onto the ice. A little later, defenceman Justin Schultz appeared to hurt his right arm or shoulder going into the end boards behind the Penguins net.

Neither play resulted in a penalty. There was no immediate update on the injured players.

The Penguins made shooting more of a priority coming into Game 2. They didn't get to that early on, trailing in shots 10-8 after the first.

Pittsburgh picked things up over the course of the second period and led in shots 20-16 going into the third, but to no avail, thanks to Anderson.

THE CANADIAN PRESS

IN BRIEF

Kaepernick, RGIII potential backups for Seahawks

Seattle Seahawks coach Pete Carroll said Monday that the team is considering Colin Kaepernick and Robert Griffin III as possible backup options to starting quarterback Russell Wilson.

In an interview with KIRO-AM, Carroll was asked specifically about the pair of veteran quarterbacks who would seem to fit the style Seattle desires in Wilson's backup.

THE ASSOCIATED PRESS

Terry going out with a bang

John Terry scored for a 17th successive English Premier League season as newly crowned champion Chelsea beat Watford 4-3 courtesy of Cesc Fabregas' late strike on Monday.

Terry made his 716th Chelsea appearance and likely his penultimate one at Stamford Bridge, scoring his 67th goal.

THE ASSOCIATED PRESS

Braves end Jays' winning streak at five games

Nick Markakis and Freddie Freeman drove in six runs to lead the Braves as Atlanta defeated the Toronto Blue Jays 10-6 on Monday night at Rogers Centre.

Justin Smoak had a two-run homer in the ninth inning but it was too late for the Blue Jays (17-22), who had a season-high five-game win streak snapped.

THE ASSOCIATED PRESS

Kelly Olynyk of the Celtics grabs a rebound against the Wizards' Otto Porter Jr. on Monday night. ELSA/GETTY IMAGES

NBA PLAYOFFS

Olynyk, Celtics make Wizards disappear

GAME 7 In Boston

115	105

Isaiah Thomas scored 29 points and had 12 assists, Canadian Kelly Olynyk scored a career-playoff high 26 points and the Boston Celtics used a big fourth quarter to outlast the Washington Wizards 115-105 in Game 7 of the Eastern Conference semifinals Monday night.

Boston advances to the Eastern Conference final, where it will host the Cleveland Cavaliers in Game 1 on Wednesday.

Led by Olynyk, the Celtics got a huge lift from their bench, outscoring their Wizards' counterparts 48-5. Boston also connected on 11 three-pointers, including eight of 13 in the second half.

"Everyone gave their best tonight and it turned out well," said Olynyk, who grew up in Kamloops. "It was a team effort, hard work. It was a tough seven-game series. Both teams played hard, we outlasted them there. They are a great team. They made big shots all series."

Bradley Beal led the Wizards, which was playing it its first Game 7 since 1979 with 38 points, including 24 in the second half.

Otto Porter added 20 points. John Wall and Markieff Morris each finished with 18. But Washington also had 15 turnovers, leading to 17 Celtics points.

Boston trailed 76-72 late in the third quarter before ending the period on a 13-3 spurt. The run grew to 22-5 in the opening minutes of the fourth as the Celtics' lead became 94-81.

But Washington quickly responded, scoring seven straight in just 51 seconds to get back within six.

Washington stayed close until Olynyk took over, scoring 11 of 13 points for Boston as the Celtics stretched their advantage to 110-100.

THE ASSOCIATED PRESS

MAKE IT TODAY

Zesty Veggie Cream Cheese Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Feel free to swap out whichever vegetables you like best (or have on hand) but be sure to choose bright and crunchy options to contrast the smooth cream cheese.

Ready in 5 minutes
Prep Time: 5 minutes
Serves 2

Ingredients
- 1 carrot, grated or slice
- 1/2 English cucumber, grated
- 1/2 avocado, sliced
- 1 teaspoon lemon juice
- 1/4 to 1/2 cup light cream cheese
- 4 slices of whole grain bread

Directions

1. Begin by grating your carrot and grating or slicing cucumber into bowls. Now halve your avocado. Gently slice it in the shell and turn the slices out onto a plate. Sprinkle the slices with lemon juice to keep them from browning

2. Now it's time to assemble. Place four slices of bread down on a clean cutting board. Load two with cream cheese to your desired thickness

3. Sprinkle your desired amount of carrot and cucumber over the cheese and gently press it into the bread using the back of a wooden spoon or your hand.

4. Arrange a few slices of avocado on the remaining two pieces of bread. Pair up your avocado halves with the cheese halves and serve.

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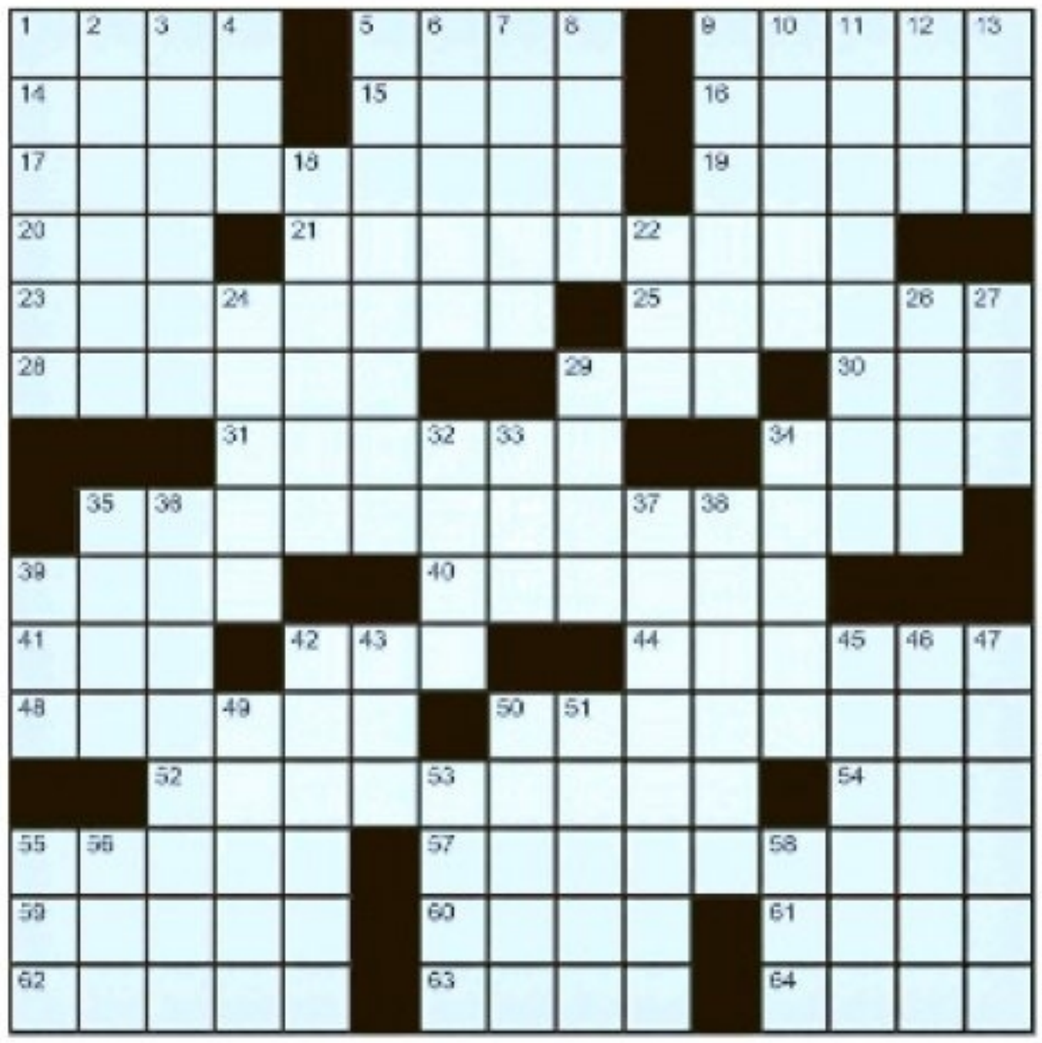
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Darn!"
5. Exec. levels
9. Make _ _ (Succeed)
14. Take _ _ (Attempt)
15. Count Basie's "_ _'Clock Jump"
16. North: Spanish
17. Canadian hockey great Russ
19. Famous pen name, Mark _
20. _ Savahl (Couture brand)
21. "Thinking of You" Canadian rock band
23. Like icicle-like decorations
25. 3-ring _
28. Eight-armed sea creatures
29. US Pres. from 1945 to 1953
30. _ _ _-1701 (U.S.S. Enterprise marking)
31. Street for Big Bird
34. "You're putting _ _, right?!"
35. Bit of the hit at #21-Across: "I was standing on the edge of town / I was doing my best to _ _ _ _.."
39. Neil Simon output
40. Cute crowns
41. Method/means
42. Caravansary
44. 'Dream'-meaning prefix
48. Specify
50. Party dance: 2 wds.
52. 1980 hit by #21-Across that goes "You know that you double-crossed me / Just how much can I endure?"
54. _ de Cologne
55. Rope: French
57. Dignified routes to take: 2 wds.
59. Hollywood's Mr. Hammer
60. Pulitzer-winning writer James
61. Creamy cheese
62. Home-_ business
63. Hasbro toy brand
64. Chemical suffixes

DOWN
1. _ _ _ the finish line
2. AECL = _ Energy of Canada Limited
3. No-show-er
4. Where Damascus is the capital city [abbr.]
5. Leonardo da Vinci masterpiece: 2 wds.
6. Tree's twisted knot
7. Mr. Savalas
8. Fish variety
9. 'Get' via the gut
10. Haul to the garage: 2 wds.
11. Now available: 2 wds.
12. "Take _, _ insist!"
13. _-Xer
18. Nicknamed Manitoba city from whence #21-Across hails: 2 wds.
22. Some CFL players
24. "_ _ _ things happened like..." (How about this scenario?)
26. MBA subject
27. Mil. force
29. 'Six'-meaning prefix
32. Memo abbr.
33. Avril's follower
34. Walk leisurely
35. Ice mass
36. Attorney partnerships: 2 wds.
37. TV culinary battle title: 2 wds.
38. Blythe of "Meet the Parents" (2000)
39. High deg.
42. Requiring resources: 2 wds.
43. 'Matrix' role
45. "Sources told me...": 2 wds.
46. Rock tour pro
47. Musical compositions
49. Rock music genre
50. Ecru
51. Felix _, Tony Randall's "The Odd Couple" character
53. Jackie of "Rush Hour" (1998)
55. Music legend Mr. Calloway
56. Songstress Rita
58. Kimono belt

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Relationships with authority figures, especially those who are female authority figures, are touchy today. Therefore, tread carefully. Give some people a wide berth.

Taurus April 21 - May 21
Travel plans might change today or be canceled. Likewise, schedules and plans related to colleges, universities and technical schools also might change.

Gemini May 22 - June 21
Stay in touch with your bank account today, because something unexpected might affect your finances. Make sure you know what's happening. Discussions about inheritances and shared property will be up and down.

Cancer June 22 - July 23
Relationships with partners and close friends might be tricky today, because people feel independent and rebellious. Nobody wants to be told what to do

Leo July 24 - Aug. 23
Computer glitches and equipment breakdowns might create a change in your work routine today. Staff shortages or disagreements with someone also might affect your work flow. Stay chill.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids or children you work with, so be extra alert. Meanwhile, romantic partners might be sensitive or touchy. Be polite.

Libra Sept. 24 - Oct. 23
Something going on at home might go sideways today. It could be a family discussion or problems with a small appliance. Stay light on your feet to accommodate whatever happens.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open and be aware so that you can get through this day smoothly.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money today, because you might find money or you might lose money. Similarly, something you own might be broken, stolen or lost. Use caution.

Capricorn Dec. 22 - Jan. 20
You feel independent and even rebellious today. It's subtle, but it's there. Don't say anything that you will later regret.

Aquarius Jan. 21 - Feb. 19
Today you feel restless. You feel as if you're waiting for the other shoe to drop. We both know it will not fit you, and it probably will be ugly. Just relax.

Pisces
Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone new who is a real character. Whatever the case may be, this is not a boring day when it comes to interacting with others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	2				1	7	
8	1						4	2
			9		1			
			6		9			
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	8	6				7	1	

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2	6	5	8	9	1	3	4	7
9	4	3	7	5	6	2	1	8
6	9	2	3	4	8	5	7	1
8	7	1	5	2	9	4	6	3
5	3	4	1	6	7	8	2	9
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1	2	7	6	8	5	9	3	4
4	8	9	2	7	3	1	5	6

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